



# ACTIVITIES

A learning module developed by the Bureau of Facility Standards to train residential care or assisted living facility staff.

The Keys to Care



# ACTIVITIES

- ◆ Activities are essential for quality of life.
  - Well planned activities can help to provide structure, meaning and independence to residents.



# ACTIVITIES

- ◆ Key elements of activity programs include:
  - Activities that all residents can participate in.
  - Motivates residents to participate.
  - Meets the needs and interest of the residents.
  - Offers a sense of control and satisfaction to the resident.



# ACTIVITIES

- ◆ Categories of activities.
  - Social interactions through group discussion.
  - Conversation and visiting.
  - Arts and crafts.
  - Reflection and life review.
  - Music.



# ACTIVITIES

- ◆ Categories of activities (continued).
  - Daily Living Activities
  - Physical activities
    - Games
    - Sports
    - Exercises
  - Education through special classes
  - Leisure time
  - Community resources



# ACTIVITIES

The benefits of properly designed activities are important for all age groups.



# ACTIVITIES

## ◆ Benefits of Activities:

- Improve physical, mental, and emotional health.
- Promotes self-esteem and self-worth.
- Promotes independence.
- Enhances quality of life.



# ACTIVITIES

Residential Care or Assisted living facilities should encourage residents to begin and maintain activity programs to improved health and to promote independent living for their residents.





End of Activities slides